

Reminder Memos for your Advancement #6

Stay connected with Your Inner Self as your No1 priority.

Some might say that the state of our world today is a result of people becoming disconnected from their inner selves, their greater wisdom. Of acting from the limited information capacity of the mind. Our modern-day society distractions of cell phones, heavy traffic and long commutes, hectic work schedules, busy social schedules, family and community obligations, volunteer work and even more needing time and attention, this can form a habit of left brain dominance.

All of this busyness can so quickly shift you out of your heart and into the limitations of the mind. Limitations because the mind level can only feed back information previously fed into it - just the same as a computer program does.

In such a fast-paced routine it's easy to feel as if we have no time for spiritual pursuits like inner attunement. But it's when life is at its busiest that we really need to stop and reconnect to our source of inner sustenance - to take time to return again to calm and centred, to be the stillness within.

For simplicity, we use the term our Higher Nature when referring to your Inner Self. Other popular terms are 'Source' 'God' 'Spirit' 'Father' 'Universal energy' 'love' and even 'the Heart' - but the concept is the same; it is the higher dimension or the higher invisible frequency essence of each one of us that transcends the physical. This is the aspect of each of us that is always connected to, or one with the Greater Source of Spiritual Energy - our life source. When we feel distracted from this aspect of ourselves, our life can seem a like a Lamborghini sports car firing on just a few of its 12 cylinders.

Inwardly we may notice an increasing sense of emptiness or loneliness, feelings of anger or victimization, and a yearning for something deeper that we can't explain. Yet feel there has to be more than those empty circles of activity.

Outwardly, we may notice that our relationships seem distant or dissatisfactory; we may feel disinterested in our work, tired of the daily grind, and experience physical symptoms like random aches, pains, and fatigue.

All of these symptoms can be pointers towards not allowing the energy of our right brain and spirit to be fully present. The good news is that it doesn't take much effort to remedy that. Simply making a conscious effort to live from our heart, to listen to our heart, even when if super busy to just stop and smell the roses can go a long way in reconnecting with our spiritual centre.

Once we strengthen our inner connection, everything else seems to go better as well. Rather than depleted, we will feel a bit more joyful. Rather than anger at some wrong, we will feel more peacefully neutral. Rather than stressed, we can feel empowered and more in charge of our life. The kind of future created by joyful, peaceful, empowered people is a future that our grandchildren will be thankful for, and this future world of Peaceful Harmony is our great reward.

When you think about it, and go past any lesser evolved self-image beliefs as sold to us by those seeking to have power over us, we will realise that it makes sense to delete or upgrade any handicapping self-concept limitations that do block us from the Treasure of Treasures, our divine heritage / inheritance.